

hastily into her mouth, and with such force as to cause it to pass through the glottis into her windpipe. It lodged in the air-passages, where it remained for twenty-three years. It gave rise at first to the most distressing symptoms, and for several years, whenever it changed its position, it gave rise to a violent attack of pulmonary inflammation. Finally, it became permanently fixed, and ceased to annoy her. She would occasionally amuse herself and companions by whistling through it, which she did by forcibly drawing in her breath. The lady was married when she was twenty-one years old, and had one child. She made several voyages with her husband, and enjoyed a fair amount of health until about eighteen months before her death, when a troublesome cough manifested itself, and soon all the symptoms of pulmonary consumption became developed, and she died in the twenty-eighth year of her age. Her family were predisposed to consumption. Her mother and one sister died of it. She was tall and slender, with light hair and complexion, and evidently of a scrofulous diathesis. It is, therefore, by no means certain that the presence for so many years of the foreign substance in the air-passages had any decided influence in hastening her death.

D. F. C.

ART. XV.—*Reports of American Institutions for the Insane.*

1. *Of the New Hampshire Asylum, for the fiscal year 1859-60.*
2. *Of the King's County (N. Y.) Asylum, for the fiscal year 1859-60.*
3. *Of the Maryland Hospital, for the years 1858 and 1859.*
4. *Of the South Carolina State Asylum, for the fiscal year 1858-59.*
5. *Of the Northern Ohio Asylum, for the fiscal year 1858-59.*
6. *Of the Hamilton County (Ohio) Asylum, for the fiscal year 1858-59.*
7. *Of the Indiana Hospital, for the fiscal year 1858-59.*

1. THE time for the termination of the official year of the *New Hampshire Asylum for the Insane* having been changed from the first of June to the first of May, the report now before us from that institution embraces a period of but eleven months.

	Men.	Women.	Total.
Patients in asylum, June 1, 1859	94	88	182
Admitted in course of the year	47	38	85
Whole number	141	126	267
Discharged, including deaths	46	37	83
Remaining, May 1, 1860	95	89	184
Of those discharged, there were cured			38
Died			17

Causes of death.—Chronic insanity, 6; general paralysis, 2; tubercular consumption, 3; paralysis, 2; typhomania, 2; congestion of lungs, 1; epilepsy, 1; suicide by submersion, 1.

Dr. Bancroft makes the following remarks upon the subject of "treatment:"—

"Either as the cause of the mental disturbance, or the effect of the continued operation of disturbing mental or moral influences, disordered physical function is generally found to exist. Whatever the functional disturbance may be, its correction is an early object of attention, and this is not unfrequently followed by immediate restoration to mental health.

"In the moral treatment of the insane our experience has not led to the adoption of the extreme of any exclusive system of views. A constant effort is made to confine mechanical restraint within the narrowest possible limits, and to give to the patient the largest liberty and indulgence consistent with his welfare; and yet it has not been found practicable to discard, indiscriminately, all mechanical restraint, being satisfied that it would involve exposure to the alternative of equal if not greater evils.

"From this point of view the question of restraint is decided, and never used unless its use is more humane than its rejection. And yet we would not allow

our reluctance to its use to deprive any patient of its protection and benefits, when it is manifest that there is no substitute of equal value. That instances have occurred within the year, in which, for delicacy and tenderness of control, as well as safety, it surpassed all other possible means, I have no doubt. But beyond these peculiar cases, every consideration urges to the policy of securing order and propriety of conduct among the insane by an appeal to self-respect, and the use of the various diversions which are within our reach.

"The appliances with which we are furnished have been diligently used to occupy the attention, and afford exercise and entertainment to patients. Among these the bowling-alley affords the most substantial and enduring satisfaction. A new carriage has been purchased during the year, which adds much to the comfort and pleasure of the drives for the female patients."

Every humanitarian enterprise embracing within its scope the masses of the people, should, if possible, be so devised and so organized that its beneficent agency shall not fail to reach the parties to whom its aid is the most absolutely necessary. Wealth may purchase assistance; poverty must look abroad for it. Hence the States which, in the foundation of their hospitals for the insane, provided that the whole expenses of those establishments should be defrayed from the treasury of the commonwealth, have set a noble example by placing the benefits of hospital treatment easily within the reach of the humblest individual in the land. They are as easily accessible to the poor as to the rich. But, in many of the States, admission to the hospitals can be gained only by payment. The consequence is, that many paupers, who are proper subjects for treatment at those institutions, are debarred from it. In allusion to this subject we copy from the report the subjoined extract:—

"The spirit of economy which regulates the financial operations of many towns, declines to afford to their poor insane the benefits of hospital care and treatment, at an expense exceeding the cost of the support of ordinary paupers at the almshouse. This policy recognizes only the question of subsistence, leaving out of view the fact that the insane poor have wants to be provided for, and claims upon the community for care and protection, which do not pertain to ordinary poor.

"Additional wants spring from the fact of insanity, which are not and cannot be supplied at the almshouse; and to disregard these necessities in the question of support is not less derogatory than to ignore the obligation to provide for bodily subsistence. Most of the insane at almshouses, in order to insure the safety and convenience of others, are subjected to an amount of confinement which renders even their outward condition materially less comfortable than that of ordinary paupers; while, morally considered, the insane pauper has a claim upon the community for that additional and special care which the loss of reason and self-control unfits him to exercise for himself. Affording subsistence is but a fraction of what may be done for the benefit of the insane, and the legitimate demands of humanity cannot be satisfied without giving them, in the care and attention of others, the best and only substitute for the self-control of which misfortune has deprived them."

As a partial compensation for the fundamental fault in the organization of the asylum, the legislature of New Hampshire appropriated, in 1858, twelve hundred dollars to the relief of the indigent, now pauper, inmates of the asylum; and again, in 1859, an equal sum, to be divided, one-half to those who were supported by towns, the other to private or pay patients.

Whole number of patients, 1843 to 1860	3845
Discharged recovered	765
Died	189

2. The exceedingly rapid growth of the city of Brooklyn, New York, has been accompanied, as might naturally be inferred, with a corresponding augmentation in the number of the insane within the county in which it is situated. This increase has been so great that the extensive buildings of the *King's County Lunatic Asylum*, erected but a very few years since, are already crowded to inconvenience, and, to meet the still enlarging demands, the Board of Supervisors have decided to enlarge the establishment by the construction of two additional wings.

	Men.	Women.	Total.
Patients in the asylum, July 31, 1859	122	168	290
Admitted in course of the year	84	96	180
Whole number	206	264	470
Discharged, including deaths	80	82	162
Remaining, July 31, 1860	126	182	308
Of those discharged, there were cured	45	42	87
Died	14	12	26

The patients at this institution represent nearly as heterogeneous a mass of nationalities as those of the New York City Lunatic Asylum. Of the 308 remaining at the close of the fiscal year, 216 were foreigners, and only 92 Americans. Of the latter, 75 were natives of the State of New York. Of the former, 140 were from Ireland, 44 from Germany, 22 from England, and the rest from six other countries.

Dr. Chapin says: "There is no kind of diversion that seems so well calculated to advance the recovery of the insane, and contribute at the same time so much to their enjoyment, as musical entertainments."

The patients' library, commenced in 1858, was increased in the course of the last year by contributions, and by the purchase, with an appropriation made by the Board of Supervisors, of 118 volumes of Harper's "Family Library."

3 The report for 1858 of the *Maryland Hospital for the Insane*, relates to a period of thirteen months.

	Men.	Women.	Total.
Patients in the hospital, Dec. 1, 1857	58	52	110 ¹
Admitted in course of the year	70 ²	18	88
Whole number	128	70	198
Discharged, including deaths	71	19	90
Remaining, Dec. 31, 1858	57	51	108
Discharged cured { from insanity	12	4	16
{ from mania-à-potû	25		25
Died	6	4	10

The number of patients supported at public expense being limited to sixty, many of this class for whom admission is requested cannot be received. Some applicants have been compelled to wait "more than two years" for vacancies which they might fill. This condition of things cannot fail to be attended by the most disastrous consequences to many persons afflicted with insanity. Treatment is postponed until the disease has become chronic, and, in but too many cases, incurable.

Dr. Fonerden closes this brief report with an account, which we extract, of a liberal donation to the institution under his care.

"It was the good fortune of the Maryland Hospital to receive, last April, a generous gift of three thousand seven hundred and fifty dollars, from Dr. Wm. Fisher, who was for ten years Resident Physician of the Hospital. The board immediately set it apart as the 'Fisher Fund,' to be used for specific purposes; and, subsequently, in agreement with this intention, voted to appropriate a part of it to the introduction of gas, for the sake of giving a more cheerful light to the patients."

We proceed to the report for 1859.

	Men.	Women.	Total.
Patients at the beginning of the year	57	51	108
Admitted in course of the year	79 ³	20	99
Whole number	136	71	207
Discharged, including deaths	82	19	101
Remaining at the end of the year	54	52	106
Discharged recovered { from insanity	16	6	22
{ from mania-à-potû	46	1	47
Died	9	4	13

¹ Two of these had mania-à-potû.

² Twenty-six of these had mania-à-potû.

³ Forty-six of these had mania-à-potû.

"The Committee on Repairs have expended another portion of the 'Fisher Fund,' for the purpose of introducing hydrant water. There could not have been a more judicious use made of Dr. Fisher's gift, than that which has so generously supplied the hospital with these two household blessings—light and water."

The old and, as we believe, always injurious practice of permitting, upon specified days, and without discrimination, all persons who, by what motive soever impelled, may seek a visit to the interior of an institution for the insane, to pass freely through the wards and among the patients, was continued at the Maryland Hospital until June, 1859. It was then prohibited by a resolution adopted by the Board of Directors. "The adoption of this resolution," says the report, "has relieved the hospital of a very great annoyance."

The office of Assistant Physician to the hospital was created in June, 1859, and filled by the appointment of Dr. James A. Stewart.

4. From the report for 1859, of the *South Carolina State Lunatic Asylum*, it appears that since we last passed under review the annual publication of that institution, a new edifice, intended, as we suppose, eventually to supersede the old one, has been commenced. A portion of one wing has been completed, and the male patients transferred to it from their former quarters.

	Men.	Women.	Total.
Patients in the asylum, Nov. 1, 1858			184
Admitted in course of the year			63
Whole number	124	123	247
Discharged, including deaths	29	24	53
Remaining, Nov. 1, 1859	95	99	194
Of those discharged, there were cured	12	13	25
Died	14	5	19

Causes of death.—Chronic diarrhœa, 8; consumption, 3; inanition, 3; paralysis, 1; disease of heart, 1; diseased heart and kidney, 1; hydrothorax, 1; tetanus, 1.

From Dr. Parker's remarks upon treatment, both medical and moral, we make the following extracts:—

"Medicinally, but little is done beyond the relief of such diseases as are common to the human family, irrespective of disordered intellection. Our long experience with the many forms and degrees of insanity has clearly convinced us of the dangers of indiscriminate and routine medication. The copious and repeated venesection, active purgation and emesis, and the host of other heroic remedies suggested by the early writers on insanity, have fortunately passed into merited disrepute, and are religiously ignored by every scientific and conscientious man. * * * * When nature requires assistance, and when no idiosyncrasy or other contra-indicatory conditions exist, the agents of the *materia medica* are our reliance and sheet-anchor; and under their benign and soothing influences we are often rewarded with the most flattering success.

"The effects of the shower-bath have not been abandoned, but its uses are restricted to the cases where its sedative and soothing influences are clearly demanded; and it is never used as an instrument of torture. * * * * The library and reading-room are places of favourite resort. * * * * Draughts, cards, chess, bagatelle, and ten-pins are popular pastimes, and oftentimes beguile, with permanent good effect, the morbid fancies of the insane. Music, drawing, painting, fancy work, and embroidery still occupy attention, and many among us have obtained, in these pursuits, a high degree of perfection. Several of our inmates, with commendable zeal, have devoted themselves to the higher departments of knowledge, embracing law, theology, medicine, politics, poetry, astronomy, and mathematics."

5. Our usual formula of statistics, as filled from the report of 1858-59 of the *Northern Ohio Lunatic Asylum*, is as follows:—

	Men.	Women.	Total.
Patients in the asylum, Oct. 31, 1858	80	75	155
Admitted in course of the year	57	63	120
Whole number	137	138	275
Discharged, including deaths	71	66	137
Remaining, Oct. 31, 1859	66	72	138
Of those discharged, there were cured	36	21	57
Not insane	2	1	3
Died	1	2	3

Died from exhaustion of chronic mania, 1; consumption, 1; pulmonary congestion, 1.

"Of those discharged recovered, during the year, four have had a recurrence of insanity, and been readmitted to the asylum. Two of them had been subject to a repetition of attacks for a number of years, and in three out of the four the recurrence was occasioned by a return to the same associations which had originally caused the disease."

The patients mentioned in the above paragraph were three men and one woman. The effect upon the foregoing statistics of the method of reporting these cases is, first, that the said cases are counted twice in the number of admissions; and, secondly, that four cases are reported as "discharged recovered," when the *persons* representing those cases are actually at the *Asylum* and *insane*. The subject of statistical registration and report was discussed, no less than fourteen years ago, at a meeting of the American Association of Medical Superintendents; and it was then found that there was a want of uniformity among the different members in the method of reporting such cases as were admitted more than once in the course of the same year. By some they were reported but *once*; by others, *as many times as they were admitted and discharged*. The discussion resulted in a general understanding among the members of the association, that, thenceforth, such cases should be reported but once.

We have known a case of periodical insanity, with perfectly lucid intervals, in which the person, during a period of perhaps fifteen years, was admitted into some asylum—not always the same—on an average of about five times, annually. Had this case always been reported as "discharged recovered," the statistics of insanity would have been swollen by about *sixty cures of one person*, although that person, even until the time of death, was *not cured* of the constantly recurring paroxysms of the disease.

"Three were discharged from the institution as *not insane*. One of these was a female of notoriously loose habits, no more insane than others of that class; another, an intemperate man, whose passions became aroused under the stimulus of drink, a fit subject for an asylum for inebriates. The third was consigned to the institution upon false representations, and removed, after a few days' residence, by order of the probate judge who committed him."

Dr. Kendrick presents the following general outline of his method of medical treatment:—

"The fact that heroic treatment will not answer for the purely nervous disorder is no argument against the employment of all the resources of the *materia medica* in those cases in which an accurate diagnosis discovers complications with bodily disease. * * * * In the various forms of insanity we use different classes of remedies; and among these we have special favourites. As an anodyne we use hyoscyamus largely, in the convenient form of fluid extract, either alone or in combination with the fluid extract of valerian. The latter has proved very serviceable in the milder forms of maniacal and melancholic excitement. The wine of opium is also a favourite narcotic with us. We have made brief trial of the cannabis indica (Herring's extract) in cases to which it seemed applicable, but as yet with indifferent success.

"Of tonics we have found the double salt of the citrate of iron and quinine to answer a better purpose, in a large number of cases during the past year, than the carbonate of iron in the preparation so commonly used.

"In melancholia, we have been highly pleased with the alterative effects of the chlorates, especially the chlorate of potassa, which, given with camphor

water, regularly and *persistently*, has admirably prepared the anæmic for the subsequent administration of iron.

"When there has been inactivity of the digestive functions the milder cathartics have been employed. The fluid extract 'rhei et sennæ,' made more active, if necessary, by the addition of a little fluid extract of jalap, has been found the most agreeable and efficient.

"We have found the regular use of tepid baths a valuable auxiliary in the treatment of melancholia; and the general warm bath, with cold water to the head, very effectual in promoting tranquillity and sleep, in cases of irregular circulation and paroxysmal excitement."

In regard to moral treatment, he says: "Discipline—and by this I mean such a system as leads to order and subordination through higher motives than the fear of chastisement—is a most essential element in the moral treatment of every class of the insane."

6. As has heretofore been mentioned, the buildings of the *Hamilton County (Ohio) Lunatic Asylum* are but poorly adapted to the purpose for which they are occupied, and hence inadequate to the prosecution of a system of treatment commensurate with the knowledge of the present day. At the time the report now before us was written, a new building, at Carthage, was in progress, with a prospect of completion in September or October, 1859.

	Men.	Women.	Total.
Patients in the asylum, June 6, 1858	112	118	230
Admitted in course of the year	105	59	164
Whole number	217	177	394
Discharged, including deaths	74	47	121
Remaining, June 5, 1859	143	130	273
Of those discharged, there were cured	43	19	62
Transferred to Southern Ohio Asylum	11	5	16
Died	5	12	17

Died of purpura, 1; marasmus, 2; epilepsy, 2; nephritis, 2; maniacal exhaustion, 3; chronic dysentery, 2; paralysis, 1; gastritis, 1; phthisis, 1; delirium tremens, 1; suicide, 1.

"The man who died of delirium tremens came into the house in a dying condition, and only lived six hours after admission. The patient who destroyed himself had been in the house but twenty-four hours, and we had no reason to believe, either from the conduct of the man or the statements of his friends, that there was in the case a tendency to suicide."

After an enumeration of the apparently deleterious influences to which his patients, through the defects of the asylum buildings, are exposed, Dr. Mount concludes: "That the freedom from sickness among these old, demented people, and the tenacity of life manifested by them, must be accounted for on the ground that the derangement of the mental faculties renders the system less vulnerable to the ordinary causes of disease and death." This conclusion is diametrically opposed to the opinion of most physicians who have had much experience in the treatment of the insane. The doctor, however, acknowledges that, "as heretofore, and as must always necessarily be the case under conditions similar to those affecting us, the diseases attacking our inmates, no matter what may have been their type primarily, speedily assume an asthenic character requiring the most prompt, efficient, and persistent stimulating plan of treatment to successfully combat them."

We hope for a better state of things in the new building at Carthage.

Of the 394 patients at the asylum in the course of the year 105 were Americans, and 289 foreigners. Of the Americans, only 45 were born in Ohio; the remaining 60 were from thirteen of the other States. The nativity of the foreigners was as follows: Ireland, 104; Prussia, 45; Bavaria, 28; Wurtemberg, 19; Hanover, 13; other German States, 51; England, 9; Scotland, 7; Switzerland, 5; France, 3; Italy, 2; Poland, 1; unknown, 2.

7. During the year, covered by the report under notice, the *Indiana Hospital for the Insane* was so crowded with patients that fifty-seven applicants for admission were rejected.

	Men.	Women.	Total.
Patients in the hospital, Oct. 31, 1858	141	136	277
Admitted in course of the year	98	105	203
Whole number	239	241	480
Discharged, including deaths	88	89	177
Remaining, Oct. 31, 1859	151	152	303
Of those discharged, there were cured	49	46	95
Died	5	7	12

Causes of death.—Maniacal exhanstion, 7; acnte meningitis, phthisis pulmonalis, tabes mesenterica, gastro-enteritis, and fistula in ano, 1 each.

Patients admitted since Nov. 1, 1848	883	870	1753
Recovered	410	409	819
Died			128

The epileptic insane are not received at this hospital on account of their supposed incurability. They are, consequently, without any resource within the limits of the State for hospital treatment. As they are becoming numerous, Dr. Athon advises that some method be adopted by which they may find an asylum in a public institution. In view of these cases, and of the numerous applications which he is compelled, for want of room, to reject, he urges the enlargement of the buildings of the hospital under his care.

P. E.

ART. XVI.—*The Life of John Collins Warren, M. D., compiled chiefly from his Autobiography and Journals.* By EDWARD WARREN, M. D. 2 vols. Boston: Ticknor & Fields, 1860. 8vo., pp. 420 and 382.

WHEN a man like Dr. Warren has passed away from the scenes of his labours and triumphs—one who has so worthily sustained the historic value of his patronymic, who has done so much to adorn, dignify, and advance our profession, it seems but fitting that we should take some notice, however brief, of his biography, even though we should thereby depart in some degree from the ordinary province of medical reviewers. He led a busy life, and one fruitful of much good; and there are some things in the history of his life that we desire to hold up to the admiration of all, but especially to press upon the younger members of our calling for their guidance; for it becomes young men not only to gather lessons of professional wisdom from those who have gone before them, but when they may, to receive admonition touching the conduct of life. It should not be forgotten that the success we desire as professional men, depends in no trifling degree upon our conduct as citizens.

John Collins Warren, as the son of Dr. John Warren, inherited a position that many—nay, most young men, attain only as the result of arduous labour; but it must be remembered that he retained that position, and advanced beyond it only by virtue of labour as severe, and toil as constant as if he had inherited no fame. In the struggle for the rewards of our profession, he who starts without the prestige of a great name, has less to contend with than his envied competitor whose father was great before him. Whatever Dr. Warren gained of honour or emolument, was won, as it were, at the point of the bayonet, by the force of a strong will, and the steady operation of an unflinching resolution. Whether at home or abroad his days were rounded and filled by the same persistent will, making itself felt in each and every detail of life as much as in those grand occasions which so seldom come to any of us; and he was equal to the greater because he was not unfaithful to the less. He who would *achieve* must not be unmindful of the labour requisite to success. While one is content to think